



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

***"Guilt is Always Hungry, Don't Let it Consume You"***

***-Terri Guillemets-***

## Managing Caregiver Guilt

At some point, most caregivers will question how well they are caring for their loved one. This questioning often leaves caregivers feeling like they are not doing enough to meet their own expectations or the expectations of others. This feeling is caregivers' guilt.

Guilt is an emotion that calls our attention to our actions. Caregivers often feel guilty because they are not spending enough time with their loved ones or not doing enough for the person. Losing patience, feeling stressed out or taking time for yourself are also reasons caregivers feel guilty.

**Caregiver Support Group**

**Wednesday, June 1, 2016**

**4—5:30 p.m.**

**Alexandria Adult Day  
Services Center**

Here are some tips to manage caregiver guilt:

- Vent emotions to a friend, loved one or therapist. Acknowledging and recognizing emotions can help to diffuse them.
- Think about taking time for your self as a gift to both yourself and your loved one. Time away recharges you to come back prepared for the task of caregiving.
- Accept that you cannot do everything. Acknowledge the ways that you are able to help.

## Resources:

**Advice for Alzheimer's Caregivers:** This article is part of a New York Times interactive series, "Fraying at the Edges" the story of a woman who learns she has Alzheimer's Disease.

<http://www.nytimes.com/2016/05/03/nyregion/advice-for-alzheimers-caregivers.html>

**New to Medicare Counseling:** Learn the basics of Medicare coverage and choices during the New to Medicare Seminar, June 8, 2016, 4 p.m.- 6 p.m. at 2525 Mount Vernon Avenue, Alexandria, VA 22301. Contact 703-746-5999 to register or e-mail [joann.callender@alexandriava.gov](mailto:joann.callender@alexandriava.gov) .

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